

## Sample Master Class Choreography

Segment		Time
<p><b>Warm-Up and Range of Motion</b></p>	<p><b>Lower Body</b></p> <ul style="list-style-type: none"> <li>• Heel Pump R/L</li> <li>• March</li> <li>• Alternate Knee Lifts – add knee flexion/extension</li> <li>• Hip Opener (adduction/abduction)</li> </ul> <p><b>Upper Body</b></p> <ul style="list-style-type: none"> <li>• Front Raise</li> <li>• Lateral Raise</li> <li>• Chest Press</li> <li>• Scapula Adduction</li> </ul> <p><b>Core</b></p> <ul style="list-style-type: none"> <li>• Modified Cat</li> <li>• Modified Cow</li> </ul>	<p><b>10 minutes</b></p>
<p><b>Work</b></p>	<p><b>Lower Body</b></p> <ul style="list-style-type: none"> <li>• Knee Lifts with tempo change (3 + 1)</li> <li>• Gluteal Squeeze</li> <li>• Hip Hinge</li> <li>• Sit to Stand</li> </ul> <p><b>Upper Body</b></p> <ul style="list-style-type: none"> <li>• Seated Row</li> <li>• Hammer Curl (gentle fist)</li> <li>• Overhead Press (open fingers wide)</li> </ul> <p><b>Core</b></p> <ul style="list-style-type: none"> <li>• Weight Shift</li> <li>• Upper Body Half Circle-lean back half circle R/L then forward R/L</li> <li>• Upper Body Full Circle</li> <li>• Gentle Twist with Reach</li> </ul> <p><b>Cognitive Drills</b> <i>(Coordination Drill)</i></p> <ul style="list-style-type: none"> <li>• Roll/roll/roll/snap fingers</li> <li>• Touch head/shoulders/hips/clap</li> </ul>	<p><b>10 minutes</b></p>

<p><b>Final Stretch &amp; Relaxation</b></p>	<p><b>Lower Body</b></p> <ul style="list-style-type: none"> <li>• Ankle Flexion/Extension</li> <li>• Hip Opener/Inner Thigh</li> <li>• Hamstring Stretch</li> </ul> <p><b>Upper Body</b></p> <ul style="list-style-type: none"> <li>• Shoulder Flexion/Extension</li> <li>• Chest Stretch</li> <li>• Neck Stretch</li> <li>• Hug – upper back stretch</li> <li>• Chin to chest</li> <li>• Wrist Circles</li> <li>• Fist/Open finger</li> <li>• Repeat hug (upper back stretch)</li> </ul> <p><b>Relaxation Technique</b> <i>(Breathing Exercises)</i></p> <p><b>Focused Breath – Inhale slow 4 count/exhale slow 4 count</b> Relax back against chair, eyes closed. Encourage participants to take a slow deep inhale, followed by slow lengthened exhale. Say, “inhale peace”, then “exhale peace into the world”.</p> <p><b>Instructor Tip:</b> During <b>Stretch and Relaxation</b> segment, hold static stretches for a longer period (approximately 5 to 30 seconds).</p>	<p><b>10 minutes</b></p>
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Cue for breathing and posture a minimum of three times throughout the class.